

Berries



Healthy Aging

Aging Facts



The Ontario Population is Aging:

1 in every **4** Ontario citizens will be over the age of **65** by 2041.

Ontario Agriculture

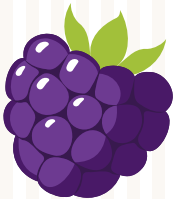
offers nutrient-rich foods.



Optimal Nutrition is Key

for health promotion and disease prevention as we age.

Agriculture Facts



Berries are a perennial crop grown in many parts of Ontario.

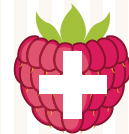
Blueberries can be highbush (grown in Southern Ontario) or lowbush (grown in Northeastern Ontario).



Strawberries are Ontario's most harvested berry crop.

Nutrition Facts

1/2 cup of berries
= 1 serving of fruit



Berries are high in **antioxidants** which have been shown to **reduce cancer risk**.



Berries contain flavonoids which can help **reduce inflammation**.

Ways to Enjoy!



Add berries to your morning oatmeal or yogurt.



Use berries to spruce up your next salad.

Take advantage of **frozen berries** to enjoy all year long.

